

Benefits

Extra virgin pumpkin seed oil has been used in Eastern Europe, India and America for many centuries, namely in cuisine, pharmacology and cosmetics. It has a favourable effect on people's health. This concentrate of life energy has a high content of unsaturated fatty acids, minerals, especially potassium, phosphorus and selenium, proteins, carbohydrates, lecithin, an excellent selection of important fatty acids **Omega 3** and **6**, vitamins **E**, **A**, **C** and **B**-group vitamins. It has a positive effect on the prostate and regulates the urological tract since even a teaspoon of oil a day alleviates the pain. Alongside the preventive and curative purpose, pumpkin seed oil has other positive effects:

- reduces blood cholesterol
- prevents atherosclerosis
- boosts immune system
- has positive effects on eyesight
- has positive effects on the mood
- facilitates learning and concentration skills
- has favourable effects on intestinal flora
- has favourable effects on dry, cracked skin
- has favourable effects on fertility in adults.

The number of favourable effects of pumpkin seed oil is increasing all the time as a result of new research.

At the same time, pumpkin seed oil is very flavour-some and gives all dishes a unique taste; it could be called 'savoury oil'.

Organoleptic properties and production

Extra virgin pumpkin seed oil is dark green, almost black in colour. It has a rich and unique flavour, with a touch of caramel and aroma of the crust of freshly baked bread. It is produced from the seeds of a special variety of pumpkin, which is green and yellow on the outside and orange on the inside. The pumpkin seeds are not used solely for producing oil, but also in diet, seeing as they represent a rich source of fatty omega acids, vitamins and minerals. Pumpkin seed oil cannot be made from fresh, recently collected seeds. They have to be washed, dried and roasted at temperatures that do not exceed 95 degrees. From warm seeds the oil is made without the use of chemical additives but only by high-pressure processing them (at approximately 350 bar).

Cuisine...

Pumpkin seed oil is mainly used as a salad dressing, but can be used with vegetable and pasta dishes, meat and desserts. Because of its colour, it can also be used to decorate a number of dishes since it creates interesting visual effects.

Bean salad with pumpkin seed oil

Serves 4:

- approximately 1 kg red or brown cooked beans
- 1 red onion
- 130 ml pumpkin seed oil
- 70 ml balsamic vinegar or wine vinegar
- salt, pepper to taste

Drain cooked beans, add thinly sliced onion and dress with pumpkin seed oil, salt and pepper, and the preferred choice of vinegar.

Potato salad with pumpkin seed oil

Serves 6:

- 1.5 kg potatoes
- 1 red onion
- 150 ml pumpkin seed oil
- vinegar, salt, pepper to taste

Cook the potatoes in salted water, peel them and slice thick enough so that the slices do not break.

Cuisine...

Add thinly sliced onion, mix in vinegar, salt and pepper, and give it a stir but be careful not to break potato slices. Can be served chilled.

Pumpkin seed oil mousse

Ingredients

- 400 g white chocolate
- 90 g sugar
- 30 g butter
- 8 eggs
- 8 teaspoons coffee
- 100 ml warm milk
- 0.5 l double cream, whipped
- 8 gelatine leaves
- vanilla pod, cut finely
- pumpkin seed oil

Whip eggs, sugar, rum and vanilla until foamy. Add warm milk and whisk over simmering water, until the mixture thickens. Add washed (in cold water) and drained gelatine leaves to the mixture. Allow the mixture to cool. Melt the chocolate over simmering water. When cool, add butter, coffee, and pumpkin seed oil to taste. Stir the two mixtures together and add whipped cream.

Enjoy!